

# January

Monday	Tuesday	Wednesday	Thursday	Friday
4 Milk, french toast sticks, apple slices	5 Milk, sausage, pancakes, mango	6 Milk, nutrigrain bar, blueberries	7 Milk, sausage, toast, peach slices	8 Milk, rice crispies, banana slices
11 Milk, pancakes, mandarin oranges	12 Milk, french toast sticks, apple slices	13 Milk, sausage, toast, peach slices	14 Milk, sausage, pancakes, mango	15 Milk, oatmeal, raisins
18 Milk, cheerios, strawberries	19 Milk, pancakes, blueberries	20 Milk, nutrigrain bar, blueberries	21 Milk, french toast sticks, banana	22 Milk, rice crispies, apple slices
25 Milk, sausage, pancakes, mango	26 Milk, cheerios, bananas	27 Milk, nutrigrain bar, blueberries	28 Milk, french toast sticks, banana	29 Milk, rice crispies, banana slices

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
4 Milk, chicken and dumplings, mixed veggies, strawberries	5 Milk, chicken patties, salad, mixed fruit	6 Milk, beef and noodles, sugar snap peas, apple slices	7 Milk, chicken nuggets, celery, blueberries	8 Milk, mac and cheese, salad, mixed fruit
11 Milk, chicken patties, salad, mixed fruit	12 Milk, beef and noodles, sugar snap peas, apple slices	13 Milk, pizza on whole grain english muffins, carrots and peas, mango	14 Milk, chicken and dumplings, mixed veggies, strawberries	15 Milk, Sandwiches in whole grain pita pockets, salad, blueberries
18 Milk, chicken alfredo, mixed veggies, apple slices	19 Milk, fish sticks, potatoes, pears	20 Milk, chicken pot pie, mixed veggies, peaches	21 Milk, spaghetti, green beans, strawberries	22 Milk, chicken nuggets, celery, blueberries
25 Milk, spaghetti, green beans, strawberries	26 Milk, mac and cheese, salad, mixed fruit	27 Milk, chicken nuggets, celery, blueberries	28 Milk, chicken and dumplings, mixed veggies, strawberries	29 Milk, chicken patties, salad, mixed fruit

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
4 Milk, carrot sticks	5 Milk, carrot sticks	6 Milk, grapes	7 Milk, pretzels	8 Milk, carrot sticks
11 Milk, grapes	12 Milk, cheese and crackers	13 Milk, yogurt	14 Milk, peanut butter crackers	15 Milk, apple slices
18 Milk, cheese stick	19 Milk, crackers	20 Milk, pretzels	21 Milk, carrot sticks	22 Milk, grapes
25 Milk, cheese and crackers	26 Milk, yogurt	27 Milk, peanut butter crackers	28 Milk, pretzels	29 Milk, grapes

Snack